What I Claim Is:

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- 1. A knife, comprising:
- a handle;
- a blade movably secured to the handle so that the blade is movable along a path of travel between a closed position and an open position;
- a latch member movable between a locked position in which it extends into the path of travel of a portion of the blade thereby preventing movement of the blade and an unlocked position in which it does not interfere with movement of the blade;
- a gas spring positioned to bias the latch member into the locked position, the gas spring comprising a movable wall that partially defines a substantially sealed, variable volume chamber containing a gas; and

wherein movement of the latch member from the locked position to the unlocked position causes the movable wall to reduce the volume of the chamber, thereby compressing the gas to create spring force against the latch member.

- A folding knife, comprising:
- a handle having a pivot shaft;
- a blade movably secured to the handle so that the blade is pivotable about the pivot shaft along a path of travel between a closed position and an open position;

a latch member movable between a locked position in which it extends into the path of travel of a portion of the blade thereby preventing pivotal movement of the blade and an unlocked position in which it does not interfere with pivotal movement of the blade;

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a gas spring positioned to bias the latch member into the locked position, the gas spring comprising a movable wall that partially defines a substantially sealed, variable volume chamber containing a gas; and

wherein movement of the latch member from the locked position to the unlocked position causes the movable wall to reduce the volume of the chamber, thereby compressing the gas to create spring force against the latch member.